

DAILY MA'MULAAT & WAZAA'IF

FOR MUREEDEEN

FROM THE TEACHINGS OF:

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spirit of sunnah
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Ma'mulaat:

Daily Practices Prescribed For Mureedeen

1. **Practice upon the Sunnah in every action.**

2. **Recitation of Qur'an Shareef:**

   For Huffaaz – At least One Juz daily

   For Non-Huffaaz – At least 3/4 pages daily

3. **Munaajaat-e-Maqbool**:

   One Manzil daily

   (*Download PDF* / *Download App*)

4. **Zikrullah:**

   100 times – لَا إِلٰهَ إِلَّا اللّٰه

   100 times – اَللّٰه اَللّٰه

5. **Tasbeehaat**: *(can be completed whilst walking/driving etc.)*

   100 times – Istighfaar

   100 times – Durood Shareef

Zikrullah:

Method and Muraaqaba of Zikrullah

1. **Zikr of لَا إِلٰهَ إِلَّا اللّٰه :**

   When saying لَا إِلٰهَ meditate lightly, that my لَا إِلٰهَ has reached the ‘Arsh of Allah Ta’ala.

   Upon saying إِلَّا اللّٰه , meditate that the Nur of Allah is entering my heart. There is a column of Nur from the ‘Arsh of Allah to my heart.

   It is mentioned in the Hadith:

   لَا إِلٰهَ إِلَّا اللّٰهُ لَيسَ لَهَا حِجَابٌ دُونَ اللّٰهِ

   “*There is no veil between ‘La ilaha illallah’ and Allah.*” (*Mishkaat*)

   Another method is that when saying لَا إِلٰهَ ponder that my لَا إِلٰهَ is like a vacuum cleaner and it is removing all the spiritual maladies from my heart.

   Upon saying إِلَّا اللّٰه, meditate that now the love of Allah Ta’ala is entering my heart.

2. **Zikr of اَللّٰه :**

   To say جَلَّ جَلالُهُ after the first time, is necessary.

   Meditate that there is one tongue in the mouth and one tongue in the heart. اَللّٰه is being said by both the tongue in the mouth and the tongue in the heart.

   A light meditation is sufficient. Do not put stress on the mind.

Note:

To read more wazifas than one can bear, may be extremely harmful, Therefore, when one feels tired, take a break and complete the wazifas at a later time.

Downloads:

- Zikrullah
- Muraaqaba of ZIkrullah
- Daily Wazaa'if
- Munaajaat-e-Maqbool PDF
- Munaajaat-e-Maqbool App

Bay’at:

What is Bay’at and its Importance

Bay'at is not Fardh; it is Sunnat. However, the object and purpose of Bay'at is Fardh – Fardh-e-Ain (Fardh on each individual!). And that is the reformation of one's spiritual diseases, gaining the recognition of Allah Ta’ala and strengthening one’s relationship with Him.

Just like when we become physically ill, we go to a doctor, take medicine and treatment, and then if Allah Ta’ala wills, we are cured. Though, to take treatment for physical ailments is not Wajib, nor Fardh. It is just a sabab (means) and a Sunnat. If a person takes treatment he may be cured or he may not. Even if he is cured he is still going to die one day. Upon dying, his worldly suffering will come to an end.

On the other hand, to take treatment for spiritual ailments such as having incorrect or weak Imaan, casting lustful gazes, having pride, doing things for name and fame, anger, backbiting, etc. is Fardh-e-Ain! If one follows the treatment, eventual cure is guaranteed. At the very least, Allah Ta’ala will grant one complete purity just before death. However, if this treatment is not taken, upon death, the problems don't come to an end, but rather intensify! The punishment and suffering in the qabr will continue for a very long time. Some sins, if not forgiven, will have to be burnt away in Jahannam, and then only, if he died with Imaan, will a person be allowed to enter Jannat!

May Allah Ta’ala protect us and make our complete Islaah before death. Ameen.



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